



Based on research

LIFTMOR & LIFTMOR-M STUDIES

The LIFTMOR studies (Amy T Harding 2017, Steven L Watson, 2018) showed that both men and women can improve bone density and muscle strength when incorporating High Intensity Resistance and Impact Training (HiRIT).

Programs like the “Onero®” program and the **6S PHYSIO Strong Bones Program** are designed to apply the LIFTMOR exercise approach.

You can be confident this program is based on thorough research and practical clinical experience.



About your therapists

6S PHYSIO Exercise Physiologists and Physiotherapists are university trained and experienced in the assessment, prescription and coaching of “**Movement as Medicine**”.



Get in touch with us at one of three locations on the Central Coast



MINGARA

12-14 Mingara Drive, Tumby Umbi

ET TALONG BEACH

276 West Street, Umina Beach

UMINA BEACH

276 West Street, Umina Beach

ALL BOOKINGS: (02) 4327 8444

**TAKE ACTION TODAY:
WE CAN HELP YOU
BUILD STRONG BONES!**

www.6s.com.au



STRONG BONES PROGRAM



EVIDENCE-BASED PROGRAM

**DESIGNED BY 6S PHYSIO
EXERCISE PHYSIOLOGISTS**

**FOR PATIENTS WITH
OSTEOPOROSIS & OSTEOPENIA**

www.6s.com.au

WHAT DOES THE 6S STRONG BONES PROGRAM LOOK LIKE?



YOUR FIRST CONSULTATION

We start by getting to know you as an individual:

- background and medical history
- your level of understanding and experience
- your current baseline measures
- your goals

Plus, you get to know us – you'll find us caring and sensitive to your circumstances and goals – and you'll learn the basic exercises and how to do them safely!

YOUR FOLLOW-UP SESSION

With this one-on-one guidance, you will improve on your initial technique and refine your loading. We use this session to make sure that when you join our small training groups, you know what to do and how to do it!



YOUR FIRST MONTH

We're aiming to:

- get into a rhythm
- build a strong foundation
- consolidate your technique
- settle into appropriate loading
- build confidence in movement
- not rush you!



THE NEXT FEW MONTHS

By now you are ready to start lifting a bit heavier. But we don't rush you!

We aim to increase loads by no more than 5 to 10% at a time and we'll look for indicators you're ready before we up the weights.



STEADY IMPROVEMENTS

You'll notice steady improvements in your capacity, and we often find that people are surprised and delighted at the improvements they achieve on the way to strong bones!

Call 4327 8444 for more information or to book your place in our **Strong Bones Program**

